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scientious girls, doing wonderfully good work. They are making splendid assistants in the operating room, and while they lack the initiative of the American graduates, yet they do so well under supervision that all interested feel greatly encouraged for their future.

I trust this report has given you a little idea of what is going on in this small corner of the world. Perhaps some of you will be inspired to cast your lot with ours. If so we will gladly greet you. It is a country of opportunity for nurses and all women with the right spirit. The work is entirely that of organization. We want nurses with new ideas, enthusiasm, and enterprise, not the salary-drawing variety, but the world-helping kind.

HOUSEHOLD HYGIENE

By ISABEL McISAAC

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VII

HOUSE FURNISHINGS FROM A SANITARY STANDPOINT

THE choice of household furnishings must necessarily be considered from many points of view; usually the expenditure is the most important item to a majority of housewives and only too often the beauty, usefulness, durability, and suitability are sacrificed to economy. On the other hand many houses would be greatly improved if the family income was curtailed sufficiently to prevent the purchase of fussy inartistic furniture which is usually expensive.

From a sanitary standpoint *nearly* all houses are overcrowded with superfluous things; too many pictures, vases, cushions, fancy curtains and draperies, foot stools, and trashy decorations—passing fads which have nothing of permanency in them and requiring an immense amount of time and hard labor to keep them clean, or the health of the family is endangered by the dirt they harbor.

When economy must be the first thought in the purchase of furnishings, more thought must be expended upon the consideration of cleanliness and comfort. Take, for instance, the item of chairs for the living rooms; unless one has a very large house and servants to care for them, let us not buy upholstered chairs which are filled with dust (and bacteria), heavy to move, and, unless covered with good materials which are usually very expensive, are nearly always very ugly; in willow ware may

be found many good designs which are simple, strong, and very comfortable, the kind that fit your back and make you oblivious to a frowning world when you sit down to your best-beloved book, besides being easy to clean with every-day soapsuds. Of late years many chairs of artistic design have been made in such fine woods as mahogany, cherry, chestnut, and others, but they must be chosen with discretion for some of them are beautiful to the eye but vastly deceitful. An inlaid mahogany chair with rounds in the back, which are uncomfortable to lean against, is not desirable, no matter how beautiful and easy to keep clean it may be. The little spindle-legged gilt chairs which are supposed to be ornamental and from which all the stout ladies and gentlemen must be carefully steered or they and the chairs will collapse together, are singularly out of place in an every-day house, and every-day houses are the kind most of us must live in.

Portieres, sofa, and cushion covers are furnishings which should be chosen with critical eyes, for unless they are made of washable materials they afford lodging for innumerable bacteria. Denims and the heavy homespun linens in natural colors may be made into really beautiful hangings and covers and both may be laundered frequently. Rugs which are too large or too heavy to be taken out of doors often for dusting and airing should be avoided.

Beds and bedding are items of great importance from the point of sanitation; cumbersome wooden beds are so difficult to keep clean that metal beds are used almost exclusively in their place. Mattresses and bedding should be of good quality, which though expensive will be the best economy in the end. Cotton "comforters" should never be used, nothing more unsanitary was ever devised for bed covering. Blankets with good care will last a life time, are warmer, easily washed, and in every way preferable.

The protection of mattresses, pillows, and blankets by mattress pads, sheets, and pillow cases is one of the most important points in bedroom furnishing. Unclean beds may be considered fruitful sources of infection of all kinds and beds cannot be clean unless the bed pads entirely cover the top of the mattresses and the sheets are long and wide enough to fold generously over the blankets and prevent them from coming in contact with the occupants. The supply of bed linen should be bountiful, that changes may be frequent. Then let the beds be comfortable; a clean, warm, comfortable bed is a solace for "the cares which infest the day," while nights of good sleep are a powerful defense against disease. Bedrooms should be very simply furnished without too many pictures or ornaments.

In the kitchen, pantries, and cellar, simplicity, convenience, and durability should be carefully considered in selecting and arranging the furnishings. It is lamentable to see the numbers of women devoid of any constructive ability who waste their time and strength working in awkwardly arranged inconvenient kitchens which could easily be made convenient and attractive. Many times these conditions arise from lack of means, but more times they are the result of lack of interest and forethought.

The house-furnishing shops are filled with the most convenient, light, and really beautiful utensils which save so much time and drudgery compared to the old fashioned heavy iron ware and are not so expensive as to be beyond a small income. Nothing adds more to the convenience, comfort, and sanitary condition of a kitchen than a generous supply of towels, dish-cloths, holders, scrubbing cloths, and old linen for various purposes. Economy in dish-cloths does not mean clean dishes, and unclean dishes mean disease. The indiscriminate use of hand- and dish-towels and other linen is common in many households. Pillow cases and table napkins are used for towels, and bath-cloths are in turn used for dish-cloths, which is not only unspeakable housekeeping but dangerous.

When some one must spend much time in the kitchen why not have it as convenient and attractive as possible? It may not be beautiful but it can be cheerful and comfortable, which is, after all, the great attraction in most rooms. The writer has a speaking acquaintance with a little kitchen 12 x 12, the floor covered with blue and white linoleum; the wall paper blue and white glazed paper which can be washed; a white enamel sink in the corner; an oak dish cupboard which once did duty for a book-case; some shelves filled with blue and white jars for salt, sugar, and spices, a table, a range, and last but not least, two west windows which are covered with an awning made of grape vines, and which at the present time are filled with beautiful clusters of grapes, making a picture which causes one to forget that three meals a day must be prepared as long as the world stands.

There is no end to the details of sanitary house furnishings which might be embodied here if space allowed; but in the end the whole may be summed up in a very few words, viz.: to avoid overcrowding, overdecoration, and to carefully consider the points of cleanliness and comfort as well as the suitability, durability, and expense.

(To be continued)